



East Coast Greenway®

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Portland, ME to Lewiston, ME

56.9 miles

Current travel route, northbound
cue sheet pg 1 of 3

R=Right, L=Left, S=Straight, X=Cross, bL=Bear Left, qR=Quick Right, TRO=To Remain On

STARTING POINT: intersection of Commercial St. & India St., with bay to your Right

at mile:	turn:	on Street/Trail:	for this distance:	Services / Amenities / Notes
0.00		intersection of Eastern Prom Trail , Commercial St. , and India St.		Portland: all services
0.00	L	India St.	0.05	away from water
0.05	R	Fore St.	0.05	
0.10	R	Eastern Prom Trail	1.75	Past sewage plant
1.85	R	Connector Trail to go under bridge	0.25	sharp R just before the obvious bR which is incorrect. Loop under the bridge.
2.10	sL	to go north over US 1 bridge across Back Cove Trail on Tukey's Bridge over Back Cove	0.35	use trail on L side of bridge, then right on Veranda St. after interchange
2.45	R	Veranda St. (becomes Bates St.)	0.75	stay R under interstate bridge
3.20	bR	US 1 to go over Presumpscot River	1.75	  
4.95	br	SR 88 / Foreside Rd.	4.85	through Falmouth & Foreside; 
9.80	L	Tuttle Rd.	0.30	
10.10	R	Middle Rd. / Portland St.	1.85	
11.95	bL	Beth Condon Memorial Pathway to parallel US 1	0.45	    goes L around behind police station at end
12.40	R	SR 115 / Main St.	0.30	

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Cue Sheet pg 2 of 3









at mile:	turn:	on Street/Trail:	for this distance:	Services / Amenities / Notes
12.70	L	Bridge St.	0.35	
13.05	R	Willow St.	0.15	
13.20	R	E Main St.	0.05	in Yarmouth
13.25	bL	all the way around to SR 88 / Spring St.	0.60	
13.85	R	US 1	1.45	pass under interstate, stores ahead
15.30	R	S. Freeport Rd. (becomes South St.)	3.45	   YMCA
18.75	R	Porter Landing / Lower Mast Landing Rd.	1.20	
19.95	R	Flying Point Rd.	0.70	
20.65	bR	Casco Rd. / Flying Point Rd.	4.85	 Pleasant Hill continues straight
25.50	S	Bunganuc Rd.	1.25	
26.75	R	Maquoit Rd.	2.45	
29.20	S	Maine St.	0.90	
30.10	R&L	Park Row	0.30	parking area parallel to Maine
30.40	R	College St.	0.30	Bowdoin college to L
30.70	bL	Federal St.	0.80	 cross Bath St
31.50	bR	onto Water St.	0.30	
31.80	S	onto Androscoggin River Trail, under 196 bridge then hard R on trail to go up and north across bridge.	0.50	
32.30	S	SR 196	2.75	
35.05	X	I-295 & stay on SR 196 / Lisbon Rd.	5.60	to Lisbon Falls

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Cue Sheet pg 3 of 3

at mile:	turn:	on Street/Trail:	for this distance:	Services / Amenities / Notes
40.65	R	SR 125 / Main St.	2.10	  ATM Library,  in Lisbon Falls
42.75	L	Upland Rd. / Ridge Rd. / Gould Rd.	3.20	called Upland at turn
45.95	L	Village St. ; Webster Rd. to R	0.50	 
46.45	R	Pinewoods Rd.	2.50	
48.95	R	Ferry Rd. / Cotton Rd.	2.25	
51.20	L	Ferry / River Rd.	2.55	
53.75	bL	River Rd. (becomes Lincoln St.)	2.80	   ATM
56.55	L	Cedar St.	0.05	
56.60	R	Oxford St.	0.10	
56.70	R	Chestnut St.	0.20	
56.90	END	Intersection of Canal St. & Chestnut St., lowntown Lewiston	END	

*Continue northbound with **Lewiston, ME to Waterville, ME** cue sheet*

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